

**TOWN OF SCITUATE
BOARD OF HEALTH**
600 CHIEF JUSTICE CUSHING HIGHWAY
SCITUATE, MA 02066
COVID-19 Safety and Guidance Tips



AVAILABLE RESOURCES AND ASSISTANCE
MASS.GOV/COVID-19, MASS211.ORG OR CALL 211, SCITUATEMA.GOV/covid-19-information,
SCITUATE HEALTH DEPARTMENT AT 781-545-8725

Stay home if possible especially if you are over 65 years of age or have an underlying medical condition.

Wash your hands often with soap and water for at least 20 seconds. Avoid touching your nose, eyes and mouth. Clean surfaces on a regular basis including door handles and car keys.

Limit your exposure in public places. When you do go out in public, wear a face covering-mask, scarf or bandana around your face and avoid touching your face. See Mass.gov advisory regarding face coverings and cloth masks on our website.

Consider meeting with family and friends virtually instead of in-person. Use on-line exercise programs to replace crowded places you attended to exercise. Get out and walk in places you can keep six foot distances and wear a face covering.

Do not hesitate to call your physician if you have COVID-19 symptoms (fever, cough, shortness of breath) which could be from mild to severe symptoms. Telehealth services are available so speak to your physician about using these services. Use Mass.gov online symptom indicator, bouyhealth.com to check symptoms. Please do not hesitate to call 911 emergency services if you have an immediate medical need.

Grocery shop during off hours or at over 60 yrs of age specific hours. Consider self checkout, curbside pick up or delivery. Keep at least a six-foot distance from other shoppers when in grocery store or pharmacy. Keep hand sanitizer or sanitizing wipes with you and sanitizer your hands before you go into the store and after you put the grocery bags in your car.

After returning home, from shopping, remove the bags from your car and place on a hard surface that can be cleaned. Remove groceries from the bags and place them away from other bagged items. Wash hands frequently between contacts with bags and items you purchased. Dispose of bags or leave outside until you can dispose of them properly and wash your hands.

Stay informed from trustworthy sources. Reduce stress by taking breaks from news and social media. Take care of your body by eating health well balanced meals. Try to enjoy activities like listening to music, reading, coloring books and art. Get plenty of sleep and take deep breaths, stretch and meditate.